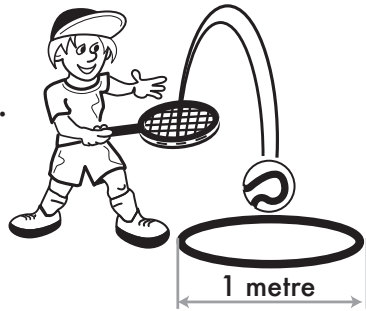


10-Step Tennis (Tennant, 2005) The 10-step rally for starter players.

10-step tennis is a progression of ten easy steps which can enable starter players with no experience to be able to develop rally skills very quickly. By the end, every player is able to serve, return, rally and score in a small court.

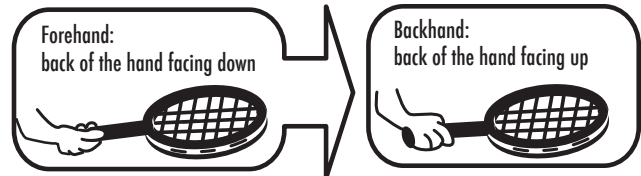
① Self-Rally.



- Player marks out a 1 metre circle on the court.
- Tap the ball up to head height to make it bounce in the circle.
- Ball should be hit upwards using an open racket face with a smooth low-to high. Follow through should follow the ball.

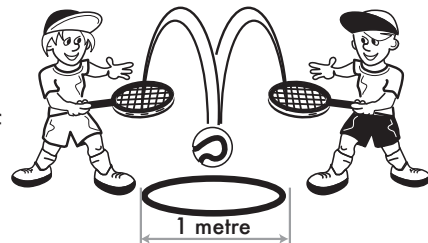
② As ① but with back of the hand facing up (backhand).

- Progress to alternate sets of 5 using forehand and backhand.
- Emphasise hitting upwards and contacting the ball in front and to the side of the body.

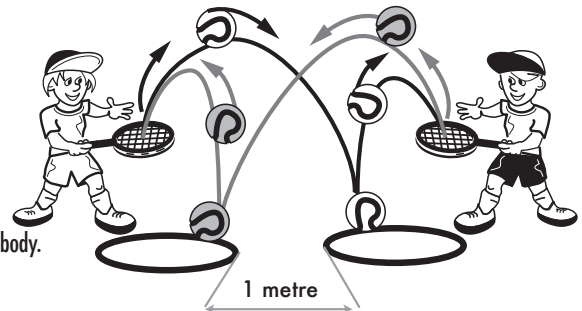


③ Rally with a Partner.

- Players stand 1 metre apart with a circle between them.
- Players take turns to hit the ball up to head height to make it bounce in the circle. Do 4 sets of 5 with back of the hand facing down (forehand) and 4 sets of 5 with back of the hand facing up (backhand).
- Ball should be hit upwards using an open racket face with a smooth low to high follow through which follows the ball. Emphasise hitting upwards and contacting the ball in front and to the side of the body.



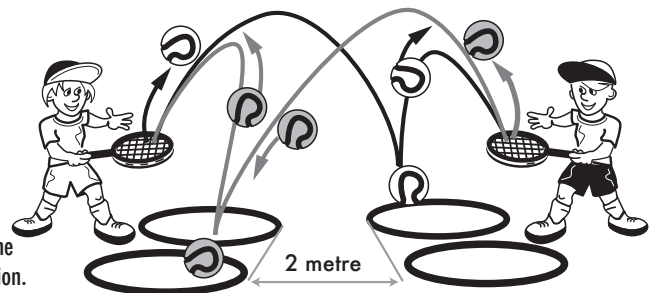
- ## ④
- Players stand facing each other with one circle in front of each player, so that the circles are 1 metre apart.
 - Players take turns to hit the ball up to head height to make it bounce in each other's circle using the forehand.



- ## ⑤
- As ④ but do 4 sets of 5 with the back of the hand facing up (backhand).
- Emphasise hitting upwards and contacting the ball in front and to the side of the body.

⑥ As ④ but players have a pair of circles 2 metres apart.

- Players take turns to hit the ball up to head height to make it bounce in the partner's left and right circles alternately.
- Hit the ball upwards using an open racket face. Emphasise hitting upwards and contacting the ball in front and to the side of the body.
- Players may want to use 2 hands to hold the racket on the backhand.



- ## ⑦
- As ⑥ but players can aim randomly to either circle as they wish.
- Coach should check for balance of the players, hitting upwards, meeting the ball in front & to the side of the body and recovery back to a central position.

- ## ⑧
- As ⑥ with circles 1 metre either side of a simple net (rope, line of cones etc.)
- Coach should check for balance of the players, hitting upwards, meeting the ball in front & to the side of the body and recovery back to a central position.

- ## ⑨
- As ⑧ but players play over the regular net in a small court 2 metres square rather than using circles. Rallies can initially be cooperative, but could become competitive.
- Coach should set rules to ensure groundstrokes only.
 - Start rally with gentle under arm serve.

- ## ⑩
- As ⑨ but players play in a small court 4 metres square.
- Coach may introduce a gentle overarm serve to introduce the feel of a different contact point.

